



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY WAR COLLEGE AND CARLISLE BARRACKS  
CARLISLE, PENNSYLVANIA 17013

REPLY TO  
ATTENTION OF


IMNE-CLB-ZA

MEMORANDUM FOR MILITARY RETIREES, FAMILY MEMBERS, SURVIVORS AND  
PRE-RETIREE PERSONNEL

SUBJECT: Carlisle Barracks Retiree Appreciation Day Invitation

1. You are cordially invited to attend the 32nd Annual Retiree Appreciation Day at Carlisle Barracks Root and Bliss Halls on **Saturday, 9 September 2006**. The Keynote Speaker, Colonel Michael F. Hayden, U.S. Air Force-Retired, Military Officers Association, will update you on current retiree issues. Seminars will be on **TRICARE (Under Age 65), TRICARE-for-Life (Over Age 65), Veterans Affairs, and Legal Affairs**. The ID Card Section, Building 22, 2nd floor will be open from 0800-1330. A "Mini-Health Screening" will be available. Post activities and organizational representatives will be in Root Hall "Joint Deli" from 0800-1000. The post Pharmacy will be open to fill or refill prescriptions from 0730-1600, closed from 1130-1200 for lunch. The Commissary will be open until 1700 and the Post Exchange will be open until 1800.
2. Please complete the pre-registration form in this bulletin and **return it no later than 6 September 2006**. If you wish to attend the luncheon at Letort View Community Center please pre-pay by check, we cannot accept cash. The cost is \$14 and it is non-refundable. **Make checks payable to: Letort View Community Center or LVCC, and mail to: Retirement Services Office, MPD, Carlisle Barracks, 22 Ashburn Drive, Carlisle, PA 17013-5043.** We also have a Snack Bar at our Bowling Center, Anthony's Pizza and Subway at the Post Exchange and the "Joint Deli" in Root Hall will be open for lunch. Shuttles are available starting at 0730-0900 from the marked parking lots on your map. During lunch, shuttles will be available to and from Root Hall, Letort View, Bowling Center and Post Exchange, and starting at 1500 from Root Hall to the parking lots.
3. This day is a small gesture of appreciation for your service to our country. Please take the opportunity to join us. Call the Retirement Services Office at **717-245-4501** or **717-245-3894** with any questions.

Encls

  
TYRONE J. MCPHILLIPS  
LTC, AD  
Garrison Commander

**PLACE:** Bliss and Root Halls, U.S. Army War College

**DATE AND TIME:** Saturday, 9 September 2006 0800-1500

0800-0900 Registration (Bliss Hall Foyer) No Host Coffee & Danishes available at the Joint Deli  
0900-0930 Presentation of Colors (Bliss Hall Auditorium)  
Pledge of Allegiance, Invocation, Welcoming Remarks, Speaker Introductions  
0930-1000 Keynote Speaker  
1000-1030 Dunham Clinic Update  
1030-1045 Break/Proceed to Seminar Session #1  
1045-1150 Seminar Session #1  
1150 Proceed to Letort View Community Center (LVCC)  
1200-1330 Luncheon  
1330-1345 Proceed to & Start Seminar Session #2  
1450-1500 Reconvene in Bliss Hall-Award of Door Prizes, Farewells

Don't forget that the ID Card Section (Building 22) will be Open from 0800-1330 and Dunham Clinic Pharmacy will be Open from 0730-1130 & 1200-1600!

**HOT BUFFET LUNCHEON MENU**

Tossed Salad Bowl, Baked Greek Chicken, Stuffed Shells,  
Noodles, Mashed Potatoes/Gravy, Mixed Garden Vegetables, Buttered Corn, Fresh Baked Rolls & Butter,  
Assorted Desserts, Water/Coffee/Iced Tea/Tea

**COST: \$14 (this includes the 15% gratuity & the 5% service charge)**

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**For Official Use Only**

**PLEASE MAIL to: Retirement Services Office BEFORE 6 September 2006 or**

**If you are not going to join us for the Luncheon Buffet, you can fax the Registration Form to 717-245-4227**

**CARLISLE BARRACKS RETIREE APPRECIATION DAY PRE-REGISTRATION FORM**

YES, I would like to be placed on the **Retirement Services E-Mail List!** \_\_\_\_\_

**YES, I plan to attend this year's Retiree Appreciation Day!** There will be \_\_\_\_\_ in my party.  
(Number)

Please make \_\_\_\_\_ reservations for lunch at the LVCC--\$\_\_\_\_\_. Please mail Registration form with check.  
(Number)

I have enclosed **check#** \_\_\_\_\_ for \$ \_\_\_\_\_, payable to: **Letort View Community Center or "LVCC"**. We are forced to request **Social Security Numbers be placed on the checks or on the Pre-Registration form below** because several checks were returned for insufficient funds. I apologize for this request.

The **TRICARE-for-Life** (Over Age 65) seminar will be presented in Bliss Hall at 1030. The **TRICARE** (Under Age 65) seminar will begin in Bliss Hall at 1330. The Legal Affairs and VA seminars will be presented during both seminar sessions. Please check the seminars and session number you wish to attend.

<b><u>BLISS HALL SEMINARS ONLY</u></b>	<b><u>SEMINARS OFFERED DURING BOTH SESSIONS.</u></b>
<b><u>TRICARE-For-Life (Over age 65)</u></b> Sess #1(1030-1150) in Bliss Hall Auditorium	LEGAL Sess #1 (1030-1150) _____ Sess #2 (1330-1450) _____
<b><u>TRICARE (Under age 65)</u></b> Sess #2 (1330-1450) in Bliss Hall Auditorium	VA Sess #1 (1030-1150) _____ Sess #2 (1330-1450) _____

NAME \_\_\_\_\_ RANK \_\_\_\_\_ SERVICE \_\_\_\_\_ SSN: \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

For Official Use Only

# Carlisle Barracks Retiree Bulletin

Military Personnel Services, Carlisle Barracks, Carlisle, PA 17013

August 2006

## *FYI from Your RSO*

### ***The Retiree Appreciation Day at Carlisle Barracks is scheduled for 9 September 2006!***

*The Retirement Services office and ID Card section moved!! We are located in the old Military History Institute, Building 22, 2d Floor, also known as Upton Hall. You have to cross the street from the parking lot to get to our new building. There is an elevator from outside.*

*Now here's the REALLY good news! We are moving AGAIN to Building 46, Ann Ely Hall. The 2 story, brick building that is across the street from Indian Field. The move should be on or about March-April 2007. We will be on the first floor! And as always we are all excited about the move.*

*I had many requests for step-by-step guides in using the internet for military programs, so you'll notice that I'm going to include that format in this bulletin. I hope you find it helpful in your quest of staying up-to-date with the internet world.*

## INSIDE THIS ISSUE -

### **1-2 ← Your Pre-Registration Form and Retiree Appreciation Day Invitation!**

3-4	FYI & Around the Barracks - Finance & VA News
5-6	TRICARE – MyPay
7-8	MWR Happenings
9-10	Operation Paperback – Your RAD
11-12	ID Card Sites – Web Sites
13-14	Handy Post Phone Numbers – Handy Toll-Free Numbers - Directions & Security <b>Page 15 is the Post Map!</b>

## Around the Barracks & Beyond

### C.E. Kelly Support Facility, Oakdale, PA to Host their Final Retiree Appreciation Day

The Carlisle Barracks Retirement Office is sad to report that our Sub-council in Oakdale (Pittsburgh area) will host its final Retiree Appreciation Day event on Fri, 20 Oct & Sat, 21 Oct 2006. The Base Realignment and Closure (BRAC) is closing down Oakdale next year. A final newsletter with information for those in the Western Pennsylvania area will be mailed in addition to receiving this bulletin.

### September is Military Retiree Month at Carlisle Barracks!

We are having the Appreciation Day earlier this year. The date was first set for 16 Sep, when I found out that the PX was going to have the "Still Serving" celebration on 30 Sep-1 Oct; I tried to change the Appreciation Day to 30 Sep. That was not approved, so I tried to get the 16<sup>th</sup> again but I lost the LVCC Reservation! The 23<sup>rd</sup> was out because of the Jewish holiday. This is how the 9<sup>th</sup> was chosen as our Appreciation Day! I have declared September 2006 Military Retiree Month since the Appreciation Day is 9 September, the Case Lot Sale at the Commissary is the 14<sup>th</sup> & 15<sup>th</sup>, the PX "Still Serving" Celebration is set for 30 Sep – 1 Oct!

### MWR (Morale Welfare and Recreation) Happenings!

I have included something new in the Bulletin. It's the "MWR Happenings." This will give all eligible members a chance to see what Carlisle Barracks has to offer thru the MWR. All military retirees, (to include Grey area retirees) and eligible family members are eligible. Basically, if you have a current ID card, you are eligible! If you wish to be placed on their mail or email list, please contact Current Events as stated in the "MWR Happenings." You can keep up with your PX benefits too by email! Remember, these are your benefits!

## Finance Update

**Retirees Mail/Fax to:** DFAS-US Military Retirement Pay, PO Box 7130, London, KY 40742-7130 or fax **1-800-469-6559**. Toll Free Phone: **1-800-321-1080**

**Annuitants Mail/Fax to:** DFAS-US Military Annuity Pay, PO Box 7131, London, KY 40742-7131 or **TF FAX# 1-800-982-8459**. Toll Free Phone: **1-800-321-1080**

### *Finance Questions...*

#### **.....ok, now what's the countdown to when I can stop paying for the Survivor Benefit Program??**

The countdown, as of Oct 2006, **will be 24 more payments!** If you started paying for the SBP from 1972 thru Sep 1978, you'll be able to enjoy your **full retirement** pay on Oct 2008!

#### **...when will my spouse get the Full 55% of my Retirement Pay?**

Here's my handy chart for those who are getting the SBP under the two-tier (55% before age 62/45% after age 62) program Based on the Full Retirement Pay.

Effective Month/Yr of SBP Increase	Your spouse's age on the Eff Mo/Yr of SBP Increase	Your Spouse's Year of Birth	Percent of Increase
<b>Apr 2007</b>	<b>62 or more</b>	<b>Before Apr 1945</b>	<b>50% of Base Amount</b>
<b>Apr 2008</b>	<b>Any AGE!</b>	<b>Any Year!</b>	<b>FULL 55% of Base Amount!</b>

#### **...so when will I see the increase's?**

50% on 1 May 07 and finally 55% on 1 May 08

#### **...what is the MyPay all about?**

MyPay is a way you can correct and update your pay information on your own! See Page 6 for a step-by-step guide to get started!

## VA NEWS

### *A very good question...*

**I heard there's a good web site that can I can request my military and medical records!  
Where is it and how do I use it?**

The website is <https://vetrecs.archives.gov>.

At bottom of page, click on [red button](#).

Goes to Privacy Act Page, click on [Continue](#)

Goes to **Step 1**, answer 3 questions by clicking on the dropdown options.

Q1 – Are you the: Veteran or Next of Kin

Q2 - What is your relationship to the deceased veteran?

Q3 – Are you seeking information concerning:

Click on [Continue](#)

Goes to **Step 2**, answer these questions using the drop down options.

Q4 – Branch of Service? Q5 – Service Component?

Q6 – Officer or Enlisted? Q7 - Category for your request? Q8 – Select from following

Click on [Continue](#)

Goes to **Step 3**, fill in name, SSN, Date of Birth, Apprx date left Svc, Svc#, Place of Birth.

Click on [Continue](#)

Automatically requests DD 214 and you can request other documents & items here.

Click on [Continue](#)

Input your name & address. You can input your phone, fax & email address.

Click on [Continue](#) Goes to **Step 4** Verification Screen, Check for errors

Click on [Previous](#) to make a correction or click on [Continue](#) to submit your request!

Click on [Print](#). Prints 2 copies of request. Sign, Print Name and date both pages.

Mail or Fax the Signature Verification Page per the copy of the Signature Verification Page.

If you have problems or questions, **please call 314-801-0800**.

# TRICARE INFO

## Local Health Benefits Advisors

Dunham Clinic, Carlisle Barracks 717-245-4112  
Naval Br Clinic, Mechanicsburg 717-605-6137  
Naval Air Sta, Willow Grove 215-443-6351 or 215-773-6356

## TRICARE Svc Centers in Pennsylvania!

**1-877-874-2273 (Under Age 65)**

**1-866-773-0404 (Over Age 65)**

- DUNHAM Army Health Clinic, **Carlisle Barracks**, 450 Gibner Road, **Carlisle, PA** 17013
  - Mon-Fri 0730 - 1630
- Pittsburgh TSC, 333 Rouser Road, Building 4, **Coraopolis PA** 15108
  - M, W, F 0830 – 1230 and T, Th 1230-1630

## ...Other Health Insurance (OHI) Claims for Prescriptions Filled made easier!

As of 22 June 2006, you'll be reimbursed the difference between what your OHI charges & what TRICARE charges for prescriptions in your local pharmacy without completing the claim form (DD Form 2642). In some cases you may leave the pharmacy with the lesser out-of-pocket expenses and no requirement to file a claim!

Civilian Job or Retirement	TRICARE Military	Reimbursed!
Generic - \$10	Generic - \$3	\$7
Brand - \$20	Brand - \$9	\$11
Nonformulary - \$36	Nonformulary-\$22	\$14

**The only pharmacy that is not set up to participate in this new program is CVS.** There have been reports that some pharmacies that have a sister store that does participate, may have another store down the street who will not participate. If this happens to you, go to the good sister store! **For more information, call 1-866-363-8779.**



The Retirement Services Office publishes the **Carlisle Barracks Retiree Bulletin**.

Comments should be mailed to Theresa A. Derr, RSO  
MPS, 22 Ashburn Drive, Carlisle, PA 17013-5042 or call (717) 245-4501 or email at [Theresa.derr@carlisle.army.mil](mailto:Theresa.derr@carlisle.army.mil)

Request **USN, USAF, USMC, USCG, (Retired), Survivors** & those who **specially** requested the Bulletin, write with any address changes.

**USA Retired & Army Annuitants do not have to mail your address changes! Your address changes come from DFAS-Retired & Annuitant Pay Centers!**

## Carlisle Barracks Retiree Bulletin

*Special Note for some Surviving Spouses getting this Bulletin! If your Bulletin has your deceased spouse's rank on your name line, my plan to keep it from happening failed. I apologize for this inconvenience.*

*Tobyhanna Retirement Services Office was forced to end the Armed Forces "Still Serving" Retiree License Plates program due to new regulations. I'm trying to start it up again, but it might not happen until 2007. More information to follow in next year's Retiree Bulletin!*

# Why MyDay is wonderful!

## YOU CAN...

- View & print Pay Statements for Regular Retired Pay and Combat Related Special Compensation
- Start, Change or Stop Allotments and Bonds
- Change correspondence address
- Change Direct Deposit
- Change Federal and State Tax
- Print Federal Tax Statement (DD 1199R)

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## Part 1 - How to Start MyDay

Go to <https://mypay.dfas.mil>

- Click on [New PIN](#)
- Type in your [Social Security Number](#)
- Click on [Yes](#) and your New Temporary PIN will be mailed or emailed. Your PIN will be emailed only if MyPay System has your email address.

## Part 2 - When your [Temp PIN](#) number comes in

Go to <https://mypay.dfas.mil>

- At Account Access; Type your [Social Security Number](#) and your [Temp PIN](#)
- Click [GO](#)
- Type in your [Temp PIN](#)
- Type in your [New PIN](#) number that you make up. It needs to be a 4 digit number, NOT the last four digits of your Social Security number!
- Type in [New PIN Number Again](#)
- Add your [Email](#). Now if you need to get another new Temp PIN later..it can be emailed to you instead of mailed!
- Click on [Accept](#) Write your PIN number in a safe place, so you'll know where it is when you need it again.

## Part 3 - When you want to use your MyDay

Go to <https://mypay.dfas.mil>

- At Account Access; Type in your [Social Security Number](#) and your [PIN](#)
- Go from area to area to get used to what you can do; I think you will be pleased with the ease of making changes.

# "MWR HAPPENINGS"

**Retort  
View**

## Upcoming Events for 2006-2007

**October 27**—Seamus Kennedy back for the 11th year. An Irish comedian that tours all over the world and performs in the DC area. He's a ton of laughs.

**October 27**—Halloween Party & "Ghost Walk"

**November 23**—Thanksgiving Feast, let all the cooking to us.

**December**—Brunch with Santa and Videoki with DJ Mr. "B"

**December 17**—LVCC's Holiday Brunch

**December 31**—New Year's Eve 2007 celebration at the View

**January 19**—LVCC Chili Cook-Off

**March 16**—Seamus Kennedy back for the 11th year. An Irish comedian that tours all over the world and performs in the DC area. He's a ton of laughs.

**April 8**—Easter Brunch

**May 13**—Mother's Day Brunch

*For information and reservations, please call 245-3991, or visit our administrative offices on the upper level of LVCC.*

**Information  
Ticketing &  
Registration**



### LOCAL TICKETS/VOUCHERS AVAILABLE

- Hershey Bears Home Games
- Ski Roundtop
- Regal Cinema
- Hersheypark
- Dutch Wonderland
- Dorney Park
- PA Renaissance Faire
- Baltimore Aquarium
- Harrisburg Senators
- Six Flags America, MD
- Six Flags Great Adventure, NJ
- Sesame Place
- Bonus Books



### ARMED FORCES VACATION CLUB — CHECK IT OUT!!!!

afvclub.com



Get online and get the best vacation deal available!!!  
As low as \$299.00 per week for a 1, 2 or 3 bedroom condo.

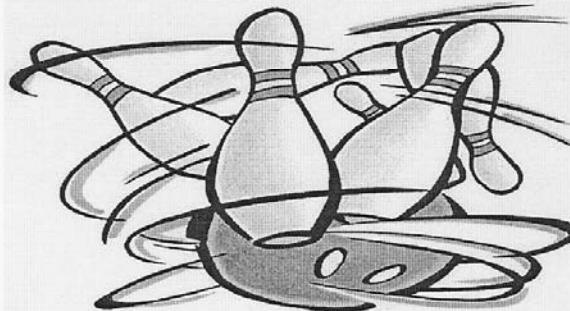
USE: Carlisle Barracks Installation # 156  
to make your reservation now! Available worldwide!

### Would you like information on MWR Happenings sent or e-mailed to you?

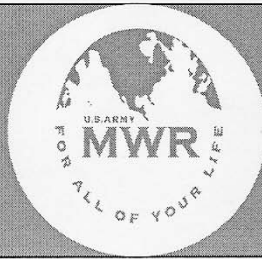
E-mail [currentevents@carlisle.army.mil](mailto:currentevents@carlisle.army.mil) with your e-mail address or send us your address at HQ Carlisle Barracks, ATTN: Current Events, 632 Wright Avenue, Carlisle, PA 17013 or call (717) 245-3537.

Would you like the "PX Buddy" e-mailed to you? This newsletter is sent weekly on upcoming events, sales, Reynolds Theater schedule and MWR events. E-mail [scottjd@aafes.com](mailto:scottjd@aafes.com).

**Score a Strike**  
at the  
**Strike Zone  
Bowling Center!**



## U.S. ARMY MWR



Carlisle Barracks MWR Activities are open to all Active Duty Soldiers, Civilians with a DOD ID card, Military Retirees, Reservists and National Guard.

### Information, Ticketing and Registration

For the latest on scheduled events, hotel reservations, tickets & information to local and nationwide attractions and a variety of other services, contact or visit the Carlisle Barracks ITR office (Bldg 842.) 245-4048/3309 Summer Hrs: Tue-Fri 1000-1600 Sat 0900-1300 Winter Hrs: Tue - Fri 1100-1600

### Carlisle Barracks Golf Course

The Carlisle Barracks Golf Course is a well maintained course built in the mid 1950's and improved over the years to become one of the finest in the Cumberland Valley. The course is Par 72, measuring over 6300 yards and is fully irrigated with a normal golfing season of April - November. Carlisle Barracks features a recently constructed practice facility that includes a driving range, practice putting green, and a green with bunker. For an enjoyable dining experience the clubhouse has the 19<sup>th</sup> Hole Snackbar, which offers a wide variety of great food and drink. Be you military or civilian you will enjoy the fine recreational facility at historic Carlisle Barracks - The Showplace of the U.S. Army. 243-3262 Golf : Open Dusk to Dawn 19<sup>th</sup> Hole Snack Bar: Mon-Fri 1000-1500 Sat-Sun 1000-1600

### Strike Zone Bowling Center

The Carlisle Barracks Bowling Center (Bldg 686) is a modern six-lane bowling facility, complete with automatic scorers and a snack bar. League play and open bowling are scheduled all year. Free instruction is available by appointment. Special activities and parties may also be conducted at the Bowling Center. 245-4109

### Carlisle Barracks Sports and Fitness (Thorpe Hall, Bldg 23 and Root Hall Gym, Bldg 120)

The sports activity at Carlisle Barracks operates several facilities and offers a year round athletic program for the entire community. Two indoor facilities features full locker rooms with showers and saunas, basketball/volleyball courts, fitness area with the latest technology. Elliptical cross trainers, treadmills, versa climbers, circuit fitness, free weight and numerous pin select weight machines. Also available is an activity room for instructional classes; karate, aerobics and other activities. 245-4029/4343

### Skill Development Center (SDC) Barracks Crossing

The SDC offers a **Framing Studio** where framing professionals can offer advice and expert service in custom framing. Throughout the year the Barracks Crossing offers ever-popular Basic Framing Courses and Refresher Framing Courses necessary to utilize the framing self-help shop here at the studio. 245-3319/245-3104

Barracks Crossing **Engraving Studio** offers a variety of personalized gift items, trophies, custom designed and scanned images, logos, branch or insignia; souvenirs and memorabilia, all laser engraved on coated metals and plastics. 245-3329/245-3466

Barracks Crossing **Automotive Center** offers a wide variety of minor repair services, Pennsylvania mandated emissions and safety inspections, (charging one of the lowest fees in the State of PA.) 245-3319/245-3156

### Letort View Community Center

Carlisle's premier dining and banquet facility. Let **Black Tie Catering** take the worry and confusion out of turning your celebration into an extraordinary occasion. We can cater your event at your chosen location in Central Pennsylvania or can accommodate your gathering at Letort View Community Center.

Letort View's Casual Bar Experience. The **Joint Pub** is located in the upstairs of the Letort View. The "Pub" is open on Fri evening, in the fall and winter. Everyone is welcome. We offer a huge selection of beer from around the world, and some of central PA's finest micro brews.

Letort View's Seasonal Retreat. Carlisle Barracks best kept secret is the Letort View's very own **TIKI BAR**. Located behind the LVCC adjacent to the pool and pavilion, which seats 300 people for your private party. Great place for a company picnic or family gathering. Bring your class reunion for its ice breaker.

245-3991 Catering 245-3960



"Operation Paperback" is a non-profit, grassroots program founded in 1999. Chief Master Sergeant Rick Honeywell was deployed to Kuwait and found no recreation facilities. His spouse, Chrissy and other Air Force Spouses responded by sending the squadron a gigantic care package. Chrissy's father, Dan Bowers, became inspired and selected his gently used paperbacks and with others collected and mailed 500 books to Kuwait! This was just the beginning. Since 1999 Individuals, American families and community groups have sent over 400,000 books to all military troops in Kuwait, Saudi Arabia, Afghanistan, Bosnia, Kosovo, Korea, Italy, Iceland, Bahrain, Hungary, Japan, Turkey, Navy Ships at Sea, Military Hospitals in the US, USOs at US Airport transit points and many other far flung area around the world.

If you have gently used paperbacks lying around that you just don't want to read again but you don't want to throw out, please consider bringing them with you to the Retiree Appreciation Day!

### *Types of books Requested:*

Action, Bestsellers, Biographies & memoirs, fantasy, children books (dad & moms like to read them on tape for the kids at home!), history, horror, mysteries, science fiction and true crime. There is a special request from Baghdad who would like to know if anyone has DVD movies and a Chaplin (not in the Middle East) who requested DVD or CD of operas, classical concerts, sacred music, ballet and historical documentaries.

### *Types of books not allowed or not requested:*

Books without front covers or "Stripped" books as these are considered stolen property, Romance, sexually-oriented or racist, and books showing any female skin from the neck to the knees, either on the cover or inside the book, any books of a religious nature.

### *Where to Drop off the Books:*

Before and after the Retiree Appreciation Day, drop off site is in the Retirement Services Office at Upton Hall, Building 22, 2d Floor. Mon-Fri 0800-1530.

On the Retiree Appreciation Day, drop off by the Main Guard Desk in Root Hall until 1500.

If you are interested in becoming a volunteer in your area, contact Operation Paperback at <http://operationpaperback.usmilitarysupport.org>. Sorry, I wasn't able to find a telephone number on their website.



## Your Retiree Appreciation Month!

- ✓ 1. Carlisle Barracks **Commissary Case Lot Sale** on Thurs, September 14 (0900-1900) & Friday, September 15 (0900-1800) and **Post Exchange Retiree “Still Serving” Celebration** on Saturday, 30 September (0900-1800) & Sunday, 1 October (1100-1700)
  
- ✓ 2. We will have the **Joint Deli (War College Café)** open in **Root Hall** for a **“No-Host” Cafeteria Breakfast and Lunch**. Of course you can also enjoy the Lunch Buffet lunch at the **Letort View Community Center (LVCC)** that has to be **Pre-Paid**; enjoy a quick lunch at the **“Strike Zone” Bowling Center** or a slice of **Anthony’s Pizza** or enjoy a sub at the newly opened **“Subway Sub”** at the Post Exchange. There is also the **19<sup>th</sup> Hole Snack Bar at the Golf Course**, but it is not handicapped accessible.
  
- ✓ 3. The **Pharmacy will be open 0730-1600**, closed for 1130-1200 for lunch. Refill requests are made by calling 1-800-248-6337 or by web at [www.carlisle.army.mil/dahc/dunhamhome.htm](http://www.carlisle.army.mil/dahc/dunhamhome.htm). Only scripts filled by Dunham Pharmacy can be refilled. Allow 4 working days to process. To find out if the script is filled, **call 717-245-4509 #2**. New scripts can be filled while you wait.
  
- ✓ 4. **Respectfully Request that the parking along the front of the War College be reserved for Handicapped Parking.**
  
- ✓ 5. **Shuttle Bus and Van** service in the morning from the parking lot in front of the Anne Ely Hall (Building 46), the Parking Lot beside the Human Resources/Military Personnel Services, Building 22 and Bliss/Root Hall. During Lunch, the shuttle will go between the Bliss/Root Hall and the LVCC, the Bowling Center & the PX. Finally, there will be a shuttle from Bliss/Root Hall to both of the Parking Lots. We do not have shuttle service off-post.

# Pennsylvania Military ID Card Locations

Including Ft Detrick, MD, Horseheads, NY

Location	Service	Phone	Notes
<b>AG HQ State FTIG Bldg 7-3 Annville PA</b>	ARNG	717-861-8693	Appointment Only M-F 0815-1045 & 1315-1545
<b>NRC Avoca PA</b>	USNR	570-457-8430 Press 1	Appt Only Tues – Thurs 1000-1500; Fri 1230-1500
<b>Carlisle Barracks Bldg 22 Carlisle PA</b>	USA	717-245-3533	Mon-Fri 0700-1600
<b>171 MSF Coraopolis, PA</b>	PAANG	412-776-7485	Tues-Fri 0730-1100 & 1300-1500
<b>Letterkenney Chambersburg PA</b>	USA	717-267-8751	Call 1 <sup>st</sup> !- Location is Remote and Secure Takes Appts Only Mon-Fri 0730-1430
<b>NMCRC Ebensburg PA</b>	USNR	814-472-5083	Appt Only Tues, Thur 0900-1130
<b>NMCRC Erie PA</b>	USNR	814-866-3073 Press 1,3	Thu 0830-1100 & 1230-1430
<b>464<sup>th</sup> Chemical Johnstown PA</b>	USAR	814-288-6000 Press #2	Appt Only Mon-Thurs 0800-1600
<b>193d MSF Middletown PA</b>	PAANG	717-948-2285	Tues-Fri 0730-1530
<b>DDC, Bldg 2001 New Cumberland PA</b>	USA	717-770-7111	Mon-Fri 0600-1500
<b>Charles E. Kelly Spt Ctr Oakdale, PA</b>	USA	724-693-2475	Tues, Wed, Thurs, Fri 0800-1500 Saturdays 0800-1330
<b>911 AW/MSMAC Pittsburgh</b>	USAFR	412-474-8526	Mon-Tues-Wed-Fri 0800-1130&1230-1400 Thurs 1030-1130&1230-1400
<b>NMCRC Bldg 108 Pittsburgh PA</b>	USNR	412-673-0809 x108	Tues & Thurs 1300-1500
<b>NMCRC Reading PA</b>	USNR	610-378-0164 Press #20	Appt Only Tues - Thur 1230-1430
<b>Tobyhanna Army Depot Tobyhanna PA</b>	USA	570-895-7409	Tues, Wed, Thur 0930-1100 & 1230-1430
<b>Army Reserve Center Williamsport</b>	USA	570-322-4696 ext 8	Mon-Thurs 0830-1630
<b>PSD Willow Grove NAS</b>	USN	215-443-6863	Mon-Fri 0730 - 1230 Sat 0730-1500
<b>Readiness Group Willow Grove NAS</b>	USAR	215-443-1638	Appt Only! Tues & Thurs 1000-1100 & 1400-1500
<b>913 MSS/MSMAC Willow Grove NAS</b>	USAFR	215-443-1186	Mon-Fri 0930-1500
<b>MAG-49<sup>th</sup> MAW Willow Grove NAS</b>	USMCR	215-443-6717	Use of Stairs required! Mon-Fri 0830-1100&1300-1500
<b>111<sup>th</sup> Fighter Grp Willow Grove NAS</b>	PAANG	215-443-1402	Mon – Fri 0700-1100 & 1300-1630
<b>MPD 1520 Fredman Dr. Ft Detrick, MD</b>	USA	301-619-7311	Mon-Fri 0900 – 1600
<b>969 Maintenance Bn Horseheads, New York</b>	USAR	607-733-0157	TO START OCT 2006 Call For More Information!

**Reminder! Call first to ensure hours are correct & Systems are working!**

# MILITARY RETIREE WEB SITES!

1. Air Force Retiree New <http://afpc.randolph.af.mil>
2. Arlington National Cemetery [www.arlingtoncemetery.org](http://www.arlingtoncemetery.org)
3. Armed Forces Recreation Centers <http://www.armymwr.com/portal/travel/recreationcenters>
4. Armed Forces Recreation Centers in Europe [www.afrc europe.com](http://www.afrc europe.com)
5. Armed Forces Vacation Club [www.afvclub.com](http://www.afvclub.com)
6. Army Morale Welfare and Recreation <http://www.armymwr.com>
7. Army Outdoor Recreation [www.armymwr.com/portal/travel/paths](http://www.armymwr.com/portal/travel/paths)
8. Army Retiree News [www.armyg1.army.mil/retire](http://www.armyg1.army.mil/retire)
9. Carlisle Barracks Web Site <http://carlislebarracks.carlisle.army.mil/>
10. Carlisle Barracks Dunham Health Clinic [www.carlisle.army.mil/dahc/dunhamhome.htm](http://www.carlisle.army.mil/dahc/dunhamhome.htm)
11. Combat Related Special Compensation-Army <https://www.hrc.army.mil/site/crsc>
12. DeltaSelect Tricare Retiree Dental Program [www.trdp.org](http://www.trdp.org)
13. Express Scripts [www.express-scripts.com](http://www.express-scripts.com)
14. Long Term Nursing Care Insurance [www.opm.gov/insure/ltc](http://www.opm.gov/insure/ltc)
15. Medicare [www.medicare.gov](http://www.medicare.gov)
16. Military Awards & Medals [www.archives.gov/st-louis/military-personnel/public/awards-and-decorations.html](http://www.archives.gov/st-louis/military-personnel/public/awards-and-decorations.html)
17. National Archives and Records Administration <http://www.archives.gov/>
18. Military Records Request by Internet [www.archives.gov/veterans/evetrecs/](http://www.archives.gov/veterans/evetrecs/)
19. Navy Lodges [www.navy-lodge.com](http://www.navy-lodge.com)
20. PA Dept of Mil & Veterans Affairs [http://sites.state.pa.us/PA\\_Exec/Military\\_Affairs/va/index.htm](http://sites.state.pa.us/PA_Exec/Military_Affairs/va/index.htm)
21. Reserve Retirement [www.hrc.army.mil/site/reserve/](http://www.hrc.army.mil/site/reserve/) (click on Veterans & Retirees)
22. Retired and Annuity Pay [www.dod.mil/dfas/retiredpay.html/](http://www.dod.mil/dfas/retiredpay.html/)
23. Retired and Annuity "My Pay" Sites <https://mypay.dfas.mil/mvpav.asp>
24. Social Security [www.ssa.gov](http://www.ssa.gov)
25. Space A Travel Information <http://www.military.com/Travel/TravelPrivileges> <http://www.militaryliving.com> click on "Space A Air Travel" on Left side of site)
26. TRICARE Management Activity [www.tricare.osd.mil](http://www.tricare.osd.mil)
27. TRICARE National Mail Order Pharmacy Program [www.tricare.osd.mil/pharmacy/tmop.cfm](http://www.tricare.osd.mil/pharmacy/tmop.cfm)
28. TRICARE for Life <https://www.tricare4u.com>
29. TRICARE On-Line <https://www.tricareonline.com>
30. TRICARE Provider Search [www.tricare.osd.mil/north/north\\_findprov.cfm](http://www.tricare.osd.mil/north/north_findprov.cfm)
31. TRICARE Region North [www.tricare.osd.mil/north/default.cfm](http://www.tricare.osd.mil/north/default.cfm)
32. TRICARE Retail Pharmacy Program <http://member.express-scripts.com/dodCustom/home.do>
33. Veterans Administration Information <http://www.va.gov>
34. Veterans Administration National Cemetery <http://www.cem.va.gov>

**HANDY POST PHONE NUMBERS****717-24x-xxxx****DUNHAM HEALTH CLINIC**

Clinic Information	5-3400 or Tollfree 1-877-787-2569
Health Benefits Advisors (Tricare-For-Life)	5-53778/4112
Immunizations	5-3608
Medical Records	5-3346
Patient Appointments	5-3400/1-877-874-2273
Patient Appointment Cancellation Line	5-3325
Pharmacy	5-4509
Pharmacy (Phone-in Refill)	1-800-248-6337
Saturday Clinic	5-3865
Space Available Appointments	5-3865

**OTHER POST PHONE NUMBERS**

Army Community Services	5-4357
Army Emergency Relief	5-4357
Army Heritage & Education Center	5-3972
Art Studios	5-3319
Automotive Center	5-3319/53000
Barber Shop (PX)	249-4958
Barracks Crossing (Art, Frame, Auto)	5-3319
Bookstore (Root Hall)	258-3326
Bowling Lanes	5-4109
Catering (Letort View Community Center)	5-3960
Class Six Store	5-2275
Commissary	5-3105
DEERS/ID Cards Section	5-3533
Education Center	5-3943
Financial Counsel	5-4703/5-4720
Framing Studio & Custom	5-3319
Guest Housing & Lodging Reservations	5-4245
Golf Course	243-3262
Gym-Thorpe Hall	5-3418/5-4060
Gym-Jim Thorpe Fitness Center	5-4343
ID Cards Center (DEERS)	5-3533
Invitation Ticketing & Registration Ofc	5-3309/5-4048
Laundry & Dry Cleaning (PX)	258-1856
Legal Assistance/Appointments (JAG)	5-4940
Letort View Community Center	5-3991/5-3215
Military Heritage Foundation	258-1102
Military Police	5-4115/5-4342
Optical Shop (PX)	249-5150
Outdoor Recreation Rentals	5-4375/5-4029
Post Exchange	243-2463/2065

**Post Information Hotline (Post Closures Due to Weather) 5-3700**

Retirement Services Office (Military)	5-4501/3894
Survivor Assistance Office (Military)	5-4501/3894
Theater (Post)	5-4108
Thrift Shop	243-1434
Vehicle Registration	5-4972
Veterinary Treatment Facility	5-4168

**HANDY TOLL-FREE NUMBERS**

Armed Forces Vacation Club (Resort Condos)	1-800-724-9988
ARMY Reserve HR Retirement Benefits, St. Louis, MO	1-800-318-5298
Bureau of Veterans Affairs, Ft Indiantown Gap	1-800-547-2838
DEERS Update/Information	1-800-538-9552
Social Security	1-800-772-1213
Federal Long Term Nursing Care Insurance	1-800-582-3337
MEDICARE	1-800-633-4227
Retirement Pay Center, Cleveland, OH	1-800-321-1080
Retirement Pay Center, Casualty Line, Cleveland, OH	1-800-269-5170
Survivor Benefits Annuity, Cleveland, OH	1-800-321-1080

**TRICARE PHONE NUMBERS**

<b>TRICARE Claims Information (Under age 65)</b>	<b>1-877-874-2273</b>
TRICARE Delta-Select Retiree Dental Program	1-888-838-8737
<del>TRICARE</del> <b>For LIFE! (Over age 65)</b>	<b>1-866-773-0404</b>
<b>TRICARE General Information/Assistance</b>	<b>1-877-874-2273</b>
TRICARE Mail-Order Pharmacy Program	1-866-363-8667
<b>TRICARE Retail Pharmacy (TRRx) Program</b>	<b>1-866-363-8779</b>
<b>TRICARE Service Center</b>	<b>1-877-874-2273</b>

**VA PHONE NUMBERS**

VA Hotline (Gulf Wars, Agent Orange, SHAD, Blister& Lewisite Agent)	1-800-749-8387
VA Insurance Information (NSLI)	1-800-669-8477
VA Insurance Information (VGLI)	1-800-419-1473
VA GI Bill Information	1-888-442-4551
VA Regional Office (General Questions)	1-800-827-1000

**DRIVING RULES ON POST!**

**Carlisle Barracks SPEED LIMIT IS 15 MPH, talking on Cell Phones & Driving on Post is a “NO GO” and Walkers have the RIGHT OF WAY AT CROSSWALKS! If you don’t have a Dept. of Defense (DoD) Decal on your vehicle, You’ll have to come on post thru the BACK GATE! The Back Gate is by the PX & Commissary on Claremont Road.**

If you have a DoD Decal, you can come in through the FRONT or BACK Gates! You still have to Show Picture ID’s for everyone in the vehicle and vehicles are subject to Inspections.

**DIRECTIONS From Interstate Rt. 81, Exit 52 or PA Turnpike I-76, Exit 226.**

- 1. Follow US Route 11 South, If you have a DoD Decal Go Straight and make a Left to Come on Post thru the Front Gate.**
- 2. If you don’t have a DoD Decal, go approx. 2 miles to Light (look for the Blue Carlisle Barracks Direction Signs) at the Sheetz & Exxon Gas Stations. Turn Left onto Harmony Hall Road. Follow the Blue Carlisle Barracks Direction Signs to the Back Gate!**

**You’ll have to go into the Visitor Lane and show your Driver’s License, Car Registration & Proof of Car Insurance, if your vehicle doesn’t have a DoD Decal.**

**Follow the SPECIAL EVENT SIGNS to PARKING LOTS, ID CARD SECTION, and the RETIREE APPRECIATION DAY SITE**

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
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